

Claim 37:

The method according to claim 1, wherein said method is attenuating obesity.

Claim 38:

The method according to claim 2, wherein said metabolic change is decreasing intracellular calcium concentrations.

Claim 39:

The method according to claim 2, wherein said metabolic change is stimulating lipolysis.

Claim 40:

The method according to claim 2, wherein said metabolic change is inhibiting lipogenesis.

Claim 41:

The method according to claim 2, wherein said metabolic change is increasing the expression of white adipose tissue uncoupling protein 2.

Claim 42:

The method according to claim 2, wherein said metabolic change is reducing serum insulin levels.

Claim 43:

The method according to claim 2, wherein said metabolic change is thermogenesis.

Claim 44:

The method according to claim 2, wherein said metabolic change is decreasing the levels of calcitrophic hormones.

Claim 45:

The method according to claim 5, wherein said calcium is contained in dairy products.

Claim 46:

The method according to claim 5, wherein said calcium is contained in a dietary supplement.

Claim 47:

The method according to claim 5, wherein said calcium is contained in foodstuffs supplemented with calcium.

Claim 48:

The method according to claim 5, wherein said calcium is contained in foods high in calcium.

Claim 49:

The method according to claim 6, wherein said calcium is contained in salmon.

Claim 50:

The method according to claim 6, wherein said calcium is contained in beans.

Claim 51:

The method according to claim 6, wherein said calcium is contained in tofu.

Claim 52:

The method according to claim 6, wherein said calcium is contained in spinach.

Claim 53:

The method according to claim 6, wherein said calcium is contained in turnip greens.

Claim 54:

The method according to claim 6, wherein said calcium is contained in kale.

Claim 55:

The method according to claim 6, wherein said calcium is contained in broccoli.

Claim 56:

The method according to claim 6, wherein said calcium is contained in waffles.

Claim 57:

The method according to claim 6, wherein said calcium is contained in pancakes.

Claim 58:

The method according to claim 6, wherein said calcium is contained in pizza.

Claim 59:

The method according to claim 6, wherein said calcium is contained in milk.

Claim 60:

The method according to claim 6, wherein said calcium is contained in yogurt.

Claim 61:

The method according to claim 6, wherein said calcium is contained in cheeses.

Claim 62:

The method according to claim 6, wherein said calcium is contained in cottage cheese.

Claim 63:

The method according to claim 6, wherein said calcium is contained in ice cream.

Claim 64:

The method according to claim 6, wherein said calcium is contained in frozen yogurt.

Claim 65:

The method according to claim 6, wherein said calcium is contained in nutrient supplements.

Claim 66:

The method according to claim 6, wherein said calcium is contained in calcium fortified vitamin supplements.

Claim 67:

The method according to claim 6, wherein said calcium is contained in liquids supplemented with calcium.

Claim 68:

The method according to claim 7, wherein said method is attenuating weight gain and adiposity in children.

Claim 69:

The method according to claim 7, wherein said method is reducing the risk of adiposity in children.

Claim 70:

The method according to claim 7, wherein said method is controlling weight gain in children.

Claim 71:

The method according to claim 9, wherein said calcium is contained in dairy products.

Claim 72:

The method according to claim 9, wherein said calcium is contained in a dietary supplement.

Claim 73:

The method according to claim 9, wherein said calcium is contained in foodstuffs supplemented with calcium.

Claim 74:

The method according to claim 9, wherein said calcium is contained in foods high in calcium.

Claim 75:

The method according to claim 10, wherein said calcium is contained in salmon.

Claim 76:

The method according to claim 10, wherein said calcium is contained in beans.

Claim 77:

The method according to claim 10, wherein said calcium is contained in tofu.

Claim 78:

The method according to claim 10, wherein said calcium is contained in spinach.

Claim 79:

The method according to claim 10, wherein said calcium is contained in turnip greens.

Claim 80:

The method according to claim 10, wherein said calcium is contained in kale.

Claim 81:

The method according to claim 10, wherein said calcium is contained in broccoli.

Claim 82:

The method according to claim 10, wherein said calcium is contained in waffles.

Claim 83:

The method according to claim 10, wherein said calcium is contained in pancakes.

Claim 84:

The method according to claim 10, wherein said calcium is contained in pizza.

Claim 85:

The method according to claim 10, wherein said calcium is contained in milk.

Claim 86:

The method according to claim 10, wherein said calcium is contained in yogurt.

Claim 87:

The method according to claim 10, wherein said calcium is contained in cheeses.

Claim 88:

The method according to claim 10, wherein said calcium is contained in cottage cheese.

Claim 89:

The method according to claim 10, wherein said calcium is contained in ice cream.

Claim 90:

The method according to claim 10, wherein said calcium is contained in frozen yogurt.

Claim 91:

The method according to claim 10, wherein said calcium is contained in vitamin supplements.

Claim 92:

The method according to claim 10, wherein said calcium is contained in liquids supplemented with calcium.